



TIGER-ROCK MARTIAL ARTS OF FRISCO

# LESSONS SCHEDULE

| RANK/AGE                                    | MONDAY      | TUESDAY     | WEDNESDAY   | THURSDAY    | FRIDAY      | SATURDAY      |
|---|-------------|-------------|-------------|-------------|-------------|---------------|
| <b>TIGER CUBS</b><br>(Ages 4-5)             | —           | 4:00-4:30pm | 5:40-6:10pm | 4:00-4:30pm | —           | 12:30-1:00pm  |
| <b>JUNIORS (6-11)</b><br>White/Yellow Belts | 4:00-4:40pm | 5:30-6:10pm | 4:00-4:40pm | 5:30-6:10pm | —           | 11:40-12:20pm |
| <b>JUNIORS (6-11)</b><br>Green Belts        | 4:50-5:30pm | —           | 6:20-7:00pm | 4:40-5:20pm | 4:00-4:40pm | 10:50-11:30pm |
| <b>JUNIORS (6-11)</b><br>Blue Belts         | 5:40-6:20pm | 4:40-5:20pm | —           | 6:20-7:00pm | 4:00-4:40pm | 10:50-11:30pm |
| <b>JUNIORS (6-11)</b><br>Brown/Red Belts    | 5:40-6:20pm | 4:40-5:20pm | —           | 6:20-7:00pm | 4:50-5:30pm | 10:00-10:40am |
| <b>JUNIORS (6-11)</b><br>Black Belts        | 6:30-7:10pm | 6:20-7:00pm | 4:50-5:30pm | —           | 4:50-5:30pm | 10:00-10:40am |
| <b>TEENS (12-15)</b><br>All Ranks           | 7:20-8:00pm | 8:00-8:40pm | 7:10-7:50pm | —           | 5:40-6:20pm | 9:00-9:45am   |
| <b>ADULTS (16+)</b><br>All Ranks            | 8:10-8:55pm | 7:10-7:55pm | 8:00-8:45pm | 7:10-7:50pm | —           | 9:00-9:45am   |

### BE ON TIME.

- Students should arrive 10 minutes before each lesson.
- Late students will not receive any lesson credit.

### SUCCESSFUL STUDENTS:

- Attend class 2-3 times per week
- Do practice sessions at home
- Do private lessons once per cycle.  
*Private lessons are available by appointment only.*

### TESTING GUIDELINES:

- 10 Lessons for Tiger-Cubs and White
- 12 Lessons for Yellow-Blue Belts
- 14 Lessons for Brown, Red & Black
- Must test to earn new rank!

## A PROUD FRISCO TRADITION SINCE 2010.



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